

## 2021-2022 PSHE Lesson Overview

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	<b>Healthy Lifestyles</b> 1. Healthy Eating 1 – What are the food groups? 2. Healthy Eating 2 – created balanced meals. 3. Healthy Lifestyles – Benefits of exercise 4. Rest and Relaxation – Ensuring we have a work/play balance. How important is sleep? 5. Quiz	<b>Pressure and Influences</b> 1. Peer Pressure – What is it and how can we combat it? 2. Influence – What and who can influence us? 3. Radicalisation – What is radicalisation and how can we spot the signs? Prevention of radicalisation. 4. Right Wing Extremism – A case study of Radicalisation. 5. County Lines – What is County Lines and how can we spot the signs/protect ourselves and others. 6 Social influence & Quiz	<b>RSE</b> 1. Changing Bodies during puberty and how to manage these changes. 2. Changing Emotions during puberty and how to manage these changes. 3. Self-Image and confidence including what can impact this. 4. Loving Relationships including different types of relationships e.g., familial, friendship, romantic and LGBT+ 5. Sexual Relationships and consent. 6. Human Reproduction and conception. 7. Quiz to check for understanding.	<b>Relationships</b> 1. Healthy Relationships – what qualities are needed for a healthy relationship? 2. Healthy Relationships 2 – What makes an unhealthy relationship? (Including abuse and exploitation) 3. Kindness 4. Respect 5. Consensual Relationships (including harassment and forced marriage) 6 Scenarios – healthy or unhealthy? These scenarios link to issues learned about throughout this topic and revolve around consent, abuse and harassment. 7. Quiz	<b>Mental Health</b> 1. What is mental Health? 2. Stress – What is a healthy amount of pressure? How can we manage this anxiety? 3. Feeling Down – What is depression? What is the difference between sadness and depression? 4. Supporting Yourself 5. Supporting Others 6. Quiz	<b>Citizenship</b> 1 Political system in the UK – What is a democracy? How do Elections work? 2. Operation of Parliament – What is Parliament? 3. Precious Liberties – What are our rights and freedoms as British Citizens? 4. Law and the Justice system – How does the law work? What is justice? 5. Citizenship and Community – What is a community and why is this important? How can we contribute to our local community? 6. Money and budgeting – What is the value of money and how can we use it wisely? 7. Quiz
8	<b>Careers</b> 1. Intro to careers. Why do people go to work? Career values.	<b>Influences and pressure</b> 1. Peer Pressure – What is peer pressure and how can it impact our lives?	<b>Relationships</b> 1. Healthy Relationships – what makes a healthy relationship?	<b>RSE</b> 1. Loving Relationships – what makes a healthy, loving relationship? How might people express this	<b>Media Influence</b> 1. What is the Media? 2. Self-Image – How does media impact our self-image and confidence? Why can	<b>Citizenship</b> 1 Political system in the UK – What is a democracy? How do Elections work? 2. Operation of Parliament – What is Parliament?

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	<p>2. Investigating work roles (huge variety) and busting myths</p> <p>3. Investigating Skills and Qualities. How do these relate to the world of work.</p> <p>4. Early aspirations and dream jobs</p> <p>5. World of Work – What does this involve?</p> <p>6. Quiz</p>	<p>2. Peer Pressure Scenarios – How can we combat peer pressure?</p> <p>3. Knife Free – The link between peer pressure and carrying a knife. Why might people carry knives and what risks can this create?</p> <p>4. Drugs and Alcohol – The link between peer pressure and drugs/alcohol. How County Lines and peer pressure/social influence are linked.</p> <p>5. Radicalisation - What is radicalisation and how can we spot the signs? Prevention of radicalisation.</p> <p>6. Quiz</p>	<p>2. Healthy Relationships 2 – domestic abuse and honour-based violence.</p> <p>3. Kindness</p> <p>4. Respect</p> <p>5. Consensual Relationships (including sexual harassment and coercion)</p> <p>6. Stereotypes and prejudice (based around gender, race, and religious stereotypes)</p> <p>This lesson builds upon content covered in the RE curriculum around stereotypes this half term.</p> <p>7. Quiz</p>	<p>love? (Romantic and non-romantic)</p> <p>2. Intimacy – including Romantic, non-romantic and sexual intimacy.</p> <p>3. Attraction – Sexuality and attraction to others. Attraction vs harassment</p> <p>4. Sexual Relationships and consent. Including the links between the age of consent, sexual relationships, and peer pressure.</p> <p>5. Consent Scenarios – does this person have consent or not?</p> <p>6. Quiz</p>	<p>social media be damaging to our mental well-being and self-esteem?</p> <p>3. Hateful comments – Being kind online and reporting inappropriate media use.</p> <p>4. Censorship – What is censorship? Why is this both a positive and a negative thing?</p> <p>5. Reliable Media – How do we find reliable sources of media? What is fact-checking? Should you believe everything you see online and in the news?</p> <p>6. Quiz</p>	<p>3. Precious Liberties – What are our rights and freedoms as British Citizens?</p> <p>4. Law and the Justice system – How does the law work? What is justice?</p> <p>5. Citizenship and Community – What is a community and why is this important? How can we contribute to our local community?</p> <p>6. Money and budgeting – What is the value of money and how can we use it wisely?</p> <p>7. Quiz</p>
9	<p><b>Healthy Lifestyles:</b></p> <p>1. Healthy Eating 1 – What are the benefits of each food group?</p> <p>2. Healthy Eating 2 – How to create balanced, nutritious meals (including vegan/vegetarian alternatives)</p>	<p><b>Social Influence and County Lines</b></p> <p>1. Attitudes to Drugs – what are some common misconceptions around drug use in young people?</p> <p>2. County Lines – What is County Lines and what are the risks/warning signs of someone getting</p>	<p><b>Careers - Preparing for GCSE Options</b></p> <p>1. Preparing for GCSE Options: what do you know about GCSEs</p> <p>2. Working out what subjects to study</p> <p>3. Qualifications Framework and college entry requirements</p> <p>4. Career Stereotypes</p>	<p><b>Living in the Wider World</b></p> <p>1. Communication – economy of language and respectful language.</p> <p>2. Time Management – How do we manage our time efficiently?</p> <p>3. Budgeting 1 – Activity revolving around budgeting for the necessities. Students are</p>	<p><b>Summer 1: RSE</b></p> <p>1. Types of Intimacy – What does it mean to be intimate with others? Are Sex and Intimacy the same thing?</p> <p>2. Consent and scenarios. Do these people have consent?</p>	<p><b>Preparing for GCSE Success and Developing Personal Agency</b></p> <p>1. Preparing for GCSE success: what do you know about GCSEs</p> <p>2. Personal Agency or Making my Own Luck</p> <p>3. Confidence and resilience</p>

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	<p>3. Healthy Lifestyle – The importance of exercise and the outdoors.</p> <p>4. Rest and relaxation – The importance of sleep and how sleep aids our learning.</p> <p>5. Personal Hygiene – How do we keep clean? (Including dental hygiene)</p> <p>6. Quiz</p>	<p>involved? Where can you go for support?</p> <p>3. Drugs, the Law and Risk – Legalities around possession and supply of drugs.</p> <p>4. Risk – legal consequences and personal consequences e.g., addiction</p> <p>5. Managing Influences – How to manage peer pressure and social influences when faced with drug use.</p> <p>6. Prescription drugs – What are the benefits and potential risks of these?</p> <p>6. Quiz</p>	<p>6. Quiz</p> <p>7.</p>	<p>given a set amount and must make decisions of what to do wisely.</p> <p>4. Budgeting 2 (continuation of previous week focusing on luxuries)</p> <p>5. Healthy Meals – a Recap of food groups and linking into budgeting. How can we create healthy meals on a budget?</p> <p>6. Quiz</p> <p>7.</p>	<p>What would the law say?</p> <p>3. Contraception – varieties and purposes. How effective are these types of contraception?</p> <p>4. Sexual Health – What are STIs? Combatting misconceptions around STIs. Support signposted at the end of the lesson.</p> <p>5. Roles of Families – what is a family? Types of family and responsibility of parents.</p> <p>6. Quiz</p>	<p>4. Skills and Qualities and how they link to employment</p> <p>5. Personality test – what careers could be suited to me?</p> <p>6. QUIZ</p> <p>7.</p>
10	<p><b>Employability Skills</b></p> <p>1. What employers are looking for?</p> <p>2. What do I have to offer?</p> <p>3. Writing a CV – what should this involve?</p> <p>4. Writing a CV 2 – Students are to create a CV in class</p> <p>5. Interview Skills- What are employers looking for? How can we communicate this effectively?</p> <p>6 Quiz</p>	<p><b>Social Influence and County Lines</b></p> <p>1. Attitudes to Drugs – what are some common misconceptions around drug use in young people?</p> <p>2. County Lines – What is County Lines and what are the risks/warning signs of someone getting involved? Where can you go for support?</p>	<p><b>Citizenship</b></p> <p>1. Parliamentary Democracy – What is a democracy and how does this work in practice?</p> <p>2. Different electoral systems – How does the general election work in the UK?</p> <p>3. Other forms of government (democratic and non-democratic)</p>	<p><b>Financial Skills</b></p> <p>1. influences on students' financial choice</p> <p>2. How to budget effectively</p> <p>3. Fraud and how to protect yourself</p> <p>4. Models of employment contracts and self-employment</p> <p>5. Financing University – pros and cons and busting myths</p>	<p><b>Summer 1: RSE</b></p> <p>1. Healthy Relationships – What makes a healthy relationship?</p> <p>2. Unhealthy Relationships including domestic abuse, grooming and exploitation.</p> <p>3. Contraception and STIs – Which types of contraception are</p>	<p><b>Choices and Pathways Post-16</b></p> <p>1. Post-16 options – what are the local colleges and apprenticeships? What are the different qualifications?</p> <p>2. Looking for a job</p> <p>3. CVs – let's get them done – in class activity based around work done throughout the year in</p>

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11	<p><b>Finance Skills</b></p> <p>1. What is the labour market?</p> <p>2. Understanding payslips</p> <p>3. Budgeting</p> <p>4. Being a responsible Consumer</p> <p>5. Quiz</p>	<p><b>Autumn 2: Social Influence and County Lines</b></p> <p>1. Attitudes to Drugs – what are some common misconceptions around drug use in young people?</p> <p>2. County Lines – What is County Lines and what are the risks/warning signs of someone getting</p>	<p><b>Citizenship</b></p> <p>1. Parliamentary Democracy</p> <p>2. Different electoral systems</p> <p>3. Other forms of government (democratic and non-democratic)</p> <p>4. UK’s role within Europe</p> <p>5. Legal system in the UK</p> <p>6. Citizenship and community</p>	<p><b>RSE</b></p> <p>1. Healthy Relationships - what makes a healthy relationship? What makes a relationship unhealthy? (Examples from previous year groups used e.g. FGM, domestic abuse, grooming etc.)</p> <p>2. Contraception and STIs – Types of STIs and effective contraception to</p>	<p><b>Online Safety</b></p> <p>1. What is Social-Media? How can this impact our self-esteem and confidence?</p> <p>2. Cyber-bullying and its consequences.</p> <p>3. Sending or Receiving explicit images – What does the law say? Link to sexual harassment and consent.</p>	<p>Topic: <b>N/A Exam Time</b></p> <p>Tutor time to be spent on Revision/supporting student wellbeing.</p>

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		<p>involved? Where can you go for support?</p> <p>3. Drugs, the Law and Risk – Legalities around possession and supply of drugs.</p> <p>4. Risk – legal consequences and personal consequences e.g., addiction</p> <p>5. Managing Influences – How to manage peer pressure and social influences when faced with drug use.</p> <p>6. Prescription drugs – What are the benefits and potential risks of these?</p> <p>7. Quiz</p>	<p>7. Income and expenditure</p>	<p>prevent this. The purpose of contraception.</p> <p>Treatment and support signposted at the end of the lesson.</p> <p>3. Sexual Harassment and Consent (including FGM and forced marriage)</p> <p>5. Pornography - How Pornography presents a distorted picture of sexual behaviours and can be damaging to themselves and their sexual partners.</p> <p>5. Fertility, infertility, and miscarriage. Including the emotional, social, and financial impact this can have on the couples/parents.</p> <p>6. Pregnancy – What are the stages of pregnancy and the choices available? (Keeping the baby, adoption, abortion – these builds upon content covered in the RE GCSE)</p> <p>7. Quiz</p>	<p>4. Self-Image. What contributes to our self-image? Physical and mental factors to our self-image.</p> <p>5. Mental Health support and guidance beyond school.</p>	
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## 2021-2022 PSHE Lesson Overview

### Workshops

British Red Cross First Aid Champions (delivered in workshops across summer term)

Year group	Year 7 workshop	Year 8 workshop	Year 9 workshop	Year 10 workshop	Year 11 workshop
<b>Focus</b>	<p>Introduction to the Red Cross</p> <p>First aid module – learn and practise activities:</p> <ul style="list-style-type: none"> <li>• Asthma attack               <ul style="list-style-type: none"> <li>• Bleeding heavily</li> <li>• Unresponsive and breathing</li> </ul> </li> <li>• Broken bone</li> </ul> <p>Helping others – learn and practise activities</p> <ul style="list-style-type: none"> <li>• Identify factors and qualities that motivate people to help others</li> <li>• Explain why people might not feel able or confident to help</li> <li>• Explain how to overcome barriers to helping others</li> </ul>	<p>The role of kindness and helping in first aid</p> <p>First aid module – learn and practise activities:</p> <ul style="list-style-type: none"> <li>• Unresponsive and not breathing</li> <li>• Burns *</li> <li>• Choking *</li> <li>• Head injury *</li> </ul> <p>Helping others – learn and practise activities</p> <ul style="list-style-type: none"> <li>• Learn how to explain what the 'Bystander effect' is</li> <li>• Learn to identify why some people might hesitate to act and what inspires others to act</li> <li>• Practise evaluating how people respond in first aid situations</li> </ul>	<p>First aid module – learn and practise activities:</p> <ul style="list-style-type: none"> <li>• Unresponsive and not breathing when an AED is available</li> <li>• Severe allergic reaction</li> <li>• Seizures and epilepsy</li> </ul> <p>Helping others – learn and practise activities</p> <ul style="list-style-type: none"> <li>• Learn to identify factors and qualities that motivate people to help</li> </ul> <p>Safety and wellbeing module – learn and practise activities</p> <ul style="list-style-type: none"> <li>• Learn about some coping skills and how they help us cope in a first aid situation</li> <li>• Practise using some short term and</li> </ul>	<p>First aid module – learn and practise activities:</p> <ul style="list-style-type: none"> <li>• Meningitis</li> <li>• Poisoning and harmful substances</li> <li>• Stroke</li> </ul>	<p>First aid module – learn and practise activities:</p> <ul style="list-style-type: none"> <li>• Heart attack</li> <li>• Hypothermia</li> <li>• Strains and sprains</li> </ul>

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	<p>Safety and wellbeing module – learn and practise activities</p> <ul style="list-style-type: none"><li>• Learn how to understand and identify factors to think about when helping in a first aid situation</li></ul> <p>Practise identifying safety factors and how to avoid danger in a first aid situation</p>	<p>Safety and wellbeing module – learn and practise activities</p> <ul style="list-style-type: none"><li>• Learn how to safely get help in an emergency, including calling 999</li><li>• Practise calling 999 and giving the correct information on the phone</li></ul>	<p>long term coping skills</p>		
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